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PAGE 14

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Peter Mansbridge, anchor of the CBC's The National, speaks on Sunday to delegates of the Canadian Bar Association's Legal Conference, which runs through Tuesday in Saskatoon. Alongside some stories about interviewing U.S. President Barack Obama and a brief history lesson on his career and his time as a news anchor, Mansbridge offered some insight on, and examples of, how Canadians around the globe exemplify leadership. MORGAN MODJESKI/METRO

Justice denied for Canada's poorest: Report

Access in the spotlight at conference. Province plays host to country's legal community as 59-page summary calls for change by 2030

Access to justice in Canada is being described as "abysmal" in a new report from the Canadian Bar Association, which also calls for much more than "quick-fix" solutions.

The summary report, released Sunday at the association's conference in Saskatoon, says there is profoundly unequal access to justice in Canada.

"Inaccessible justice costs us all, but visits its harshest consequences on the poorest people in our communities," says the report.

Report author Melina Buckley says one of the biggest concerns is the growing number of people who represent themselves in civil cases.

Buckley says many people earn just enough money so they don't qualify for legal aid, but they also don't make enough to pay for a lawyer. Those people often find themselves on their own in court, she says.

The problem is especially pronounced in family-law cases.

"They describe that as just being a terrible experience," said Buckley in an interview.

"They find the whole process leading up to it is hugely stressful, has all kind of side-effects in terms of their abilities to continue parenting their kids because they're stressed. Sometimes they lose their jobs or have to go part-time, all kinds of health and other situations. They tend to get alienated from friends and families because they become so obsessed by it.

"And then quite often they don't have the kind of outcomes that we would consider just and fair."

Supreme Court of Canada Chief Justice Beverley McLachlin said access to justice is a growing problem for many Canadians.

People's lives can be ruined if they can't get access to justice, McLachlin said Saturday at the conference.

"We know that there are a lot of needs. People just swallow their pain and their loss and live with it, I guess, in some unsatisfactory way feeling they can't get justice," said McLachlin.

The full report will be released in the fall, but the 59-page summary released Sunday makes several recommendations. THE CANADIAN PRESS

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NEWS

Organizers optimistic as Folkfest numbers get tallied

Singers at the Ukrainian Karpaty Pavilion, located at the Prairieland Park Exhibition Grounds, perform for Folkfest audiences on Thursday evening. The Ukrainian Karpaty Pavilion was just one of 21 cultural pavilions located across the city. JACOB MORGAN/METRO

'Very happy.' Folkfest officials say new pavilions, social media contributed to high attendance

MORGAN MODJESKI
morgan.modjeski@metronews.ca

While final attendance numbers for the Saskatoon Folkfest are still being tallied, organizers say an estimated 36,000 people passed through this year's festival, which ran from Aug. 15 to 17 at various locations throughout the city.

Terri Rau, executive director with the event, explained although they're still waiting for official attendance numbers from the 21 cultural pavilions that participated in the festival, early reports show signs of success.

"Overall, everybody has been very, very happy with the attendance," said Rau.

"It seemed like people were out everywhere all over the city ... so by all accounts while we don't know our actual numbers yet, we feel regardless it's been a great success."

Rau explained in 2012, the Saskatoon Folkfest sold a total of 27,000 festival passports and based on this year's response from the public, she feels the final totals will show 2013 surpassed that number.

"I think more people are talking about it because more people are sharing information, photos and things like that," she said. "We've never had more Twitter comments."

Zaigham Kayani, the president of the Pakistan Canada Cultural Association and pavilion manager for this year's new Pakistan pavilion, said they received a lot of encouraging support throughout the festival and they plan to participate next year when the event turns 35.

"I was talking to my friends and those who were coming to our pavilion and they were kind of amazed that we, in a very short time, could do it," said Kayani. " We've learned a lot and next year we'll definitely come back."

Fatal accidents

Deadly Sunday on Saskatchewan highways

A 40-year-old pedestrian and a male motorcyclist were killed in two separate accidents in southern Saskatchewan on Sunday.

Indian Head RCMP say the pedestrian, a Lloydminster woman, was involved in an accident with a semi-truck on the Trans-Canada Highway near Wolseley.

No further details were released, as police continue to investigate the accident.

The fatal accident temporarily closed the westbound lanes of the Trans-Canada Highway.

Further west, a motorcycle driver was killed in an accident on Highway 2, just north of Buffalo Pound.

Moose Jaw RCMP did not release additional details, as they continue to investigate.

Highway 2 was also closed following the accident, but reopened later in the day.

METRO

RCMP were at two separate fatal scenes on Saskatchewan highways this weekend. METRO FILE

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Consulate working to free Canadians held in Egypt

Arrested Friday.
Men are in good health in prison but cause for detention still unknown

SCOTT TAYLOR
Metro in London, Ont.

It was a weekend of worry for Tarek Loubani's family, left in the dark after the London, Ont., emergency-room doctor was arrested by Cairo police on Friday.

But by late Sunday, the Department of Foreign Affairs had confirmed that their embassy in Cairo is trying to help Loubani and his fellow captive, York University Prof. John Greyson.

"We have heard from Canadian consular services that they managed to visit Tarek Loubani and John Greyson in the Egyptian prison facility," Justin Podur, a mutual friend of the two, posted on his blog.

"(The consulate is) going to go back to the prison (Monday) and they're going to try to get them out," Podur said.

Podur said he has no information about why or where the two men are being held, but it was much worse when family and friends didn't know anything.

Earlier in the day, Loubani's cousin Hanan Loubani said the family was desperate for information.

"We have no idea how to get in contact with him," the Londoner said. "We're afraid, we're waiting for some sort of answer."

"He went down there to offer aid," Hanan said. "He usually goes to Gaza every three months through the Rafah border in Egypt, but this time it was closed. And Egypt's treatment of Palestinians lately has not been the best."

Loubani, who came to Canada as a refugee from Palestine, was on his way to Gaza as part of an ongoing collaboration between Western University and Al-Shifa Hospital.

Greyson was tagging along as a filmmaker to do some exploratory work.

WITH FILES FROM TORSTAR NEWS SERVICE

Tarek Loubani CONTRIBUTED

John Greyson THE CANADIAN PRESS FILE

A friend of Ammar Badie, the son of the Muslim Brotherhood's spiritual leader Mohammed Badie, who was killed Friday by Egyptian security forces during clashes in Ramses Square, cries while attending Ammar's burial in Cairo on Sunday. MANU BRABO/THE ASSOCIATED PRESS

Reports differ in death of 36 prisoners

Security forces fired tear gas at a prison truck in Egypt Sunday in an attempt to free a police officer from rioting detainees, killing at least 36 suspects rounded up during street clashes between Islamist supporters of the country's ousted president and police, officials said.

The killed detainees were part of a prison truck convoy of some 600 people heading to Abu Zaabal prison in northern Egypt, officials told The Associated Press. Detainees in one of the trucks rioted Sunday night and managed to capture a police officer inside, the officials said.

Security forces fired tear gas into the truck in hopes of freeing the badly beaten officer, the officials said. They said those killed died from suffocating on the gas.

However, the officials' version of events contradicted state media reports. The official website of Egyptian state television reported that the deaths took place after security forces clashed with militants near the prison and detainees came under fire while trying to escape. The official MENA state news agency also said the trucks came under attack from gunmen.

THE CANADIAN PRESS

Syria

Hunt for chemical weapons called too little, too late

A team of UN weapons inspectors arrived in Damascus on Sunday for a long-delayed mission to investigate the alleged use of chemical arms in Syria's civil war.

President Bashar Assad's regime and the rebels fighting to overthrow him have traded accusations over the purported chemical attacks, each blaming the other.

Diplomats and chemical-weapons experts have raised doubts about whether the inspectors will find anything since the alleged incidents took place months ago.

The mandate is also limited — the team will report on whether chemical weapons were used, and if so which ones, but will not determine who used them.

THE ASSOCIATED PRESS

Korean peninsula

N. Korea may trade tours for reuniting families: Professor

North Korea on Sunday accepted a South Korean offer for talks on reuniting families separated by war, but proposed separate talks on resuming lucrative tours to a scenic North Korean mountain in an apparent effort to link the two discussions.

Pyongyang also proposed holding the reunification talks at Diamond Mountain. South Korea suspended tours there after a South Korean woman was shot dead by a North Korean border guard in 2008.

"The North Korean intention is obvious. It is saying it wants to exchange the resumption of the Diamond Mountain tours with the family reunions," said Lim Eul Chul, a professor at South Korea's Kyungnam University. THE ASSOCIATED PRESS

Saudi Arabia

Director of TV channel fired for Brotherhood ties

Saudi billionaire Prince Alwaleed bin Talal has fired the director of an Islamic TV channel for his role as the leader of the Muslim Brotherhood in Kuwait.

He wrote Sunday on his Twitter account that he sacked Tarek Al-Suwaidan "for admitting he belongs to the Brotherhood terrorist movement."

Al-Suwaidan has sharply criticized Egypt's military-backed government and voiced support for deposed president Mohammed Morsi on Twitter.

Saudi King Abdullah, whose country has pledged $5 billion US in aid to Egypt's interim leaders, supported Cairo's crackdown on the Brotherhood, saying the kingdom stood by Egypt's fight against "terrorism and strife." THE ASSOCIATED PRESS

Explorers go underground to map uncharted territory

Uncharted caves. Nine amateur explorers prepare to venture into a massive British Columbia cave system

Guide Nicholaus Vieira explores a cave in Alberta last week. Today's explorers are often amateurs. JEFF MCINTOSH/THE CANADIAN PRESS

Under Mount Tucker in British Columbia's Glacier National Park, a sprawling system of uncharted caves offers a group of unlikely explorers a chance to venture into the unknown.

These are not the cartographers of yore. Today, the Cabots, Cartiers and de Champlains mapping the wilds of Canada have been replaced with adventurers of a more amateur sort, armed with time to kill and money to burn.

The nine-member expedition, which includes an accountant and teacher as well as scientists and cave guides, is planning to head into the network of caves in October.

The explorers are all volunteers, and trips such as theirs are on the rise, the Royal Canadian Geographical Society says. The Raspberry Rising trip — named after the cave system's hidden entrance — is one of several the society says they have provided funding to this year.

"The last probably two to four years, we're seeing more applications coming in, and we're seeing better applications," says Michael Schmidt, co-chair of the expeditions program. The expedition will be risky, time consuming and expensive. The project could take years. THE CANADIAN PRESS

'Loki.' A silent stealth snowmobile is being tested for the Far North

The Canadian military has been secretly test-driving a $620,000 stealth snowmobile in its quest to quietly whisk troops on clandestine operations in the Arctic.

Soldiers have taken the new hybrid-electric snowmobile prototype on trial runs to evaluate features such as speed, noise level, battery endurance and acceleration.

The Department of National Defence even has a nickname for its cutting-edge, covert tool: Loki, after the mythological Norse shape-shifting god.

Word of the federal hunt for a stealth snowmobile first surfaced two years ago in a public tender. That 2011 tendering document, however, offered few details on the future of these missions, except for the top priority: silence.

The project kicked off at a time when the Conservative government was laying out promises to boost Canada's military muscle in the North.

Prime Minister Stephen Harper is scheduled to arrive in the Arctic on Sunday for a six-day tour of the region, where his government's main focus has moved from improving the country's northern military to promoting economic development. The stealth-snowmobiles project has withstood that political shift. THE CANADIAN PRESS

Evaluation ongoing

National Defence has made it clear it does not intend to spend any more money on Arctic mobility for eight years, but its research branch says the evaluation of the silent snowmobile, though still in its early stages, will continue.

- The military tested a wide variety of the snowmobiles' characteristics like speed, towing capacity and endurance.

Concerns rise

Calgarians 'fed up' with prostitution near grade school

Calgary advocates and residents alike say a long-standing prostitution problem in one community has moved too close for comfort to an elementary school.

Art Sheeler has called for a crackdown on sex-trade workers and drug use in the southeast Forest Lawn area of the city for decades. In recent years, he said prostitutes have begun more regularly crossing to the north side of 17th Avenue SE and can now be seen frequently standing near Patrick Airlie Elementary School.

"It's at all hours of the day," he said. "I am just fed up with it."

Larry Leach, a candidate for Calgary Board of Education trustee in the upcoming October municipal election, said he's been hearing concerns similar to Sheeler's while door-knocking in a three-block radius around the school. He said "at the very least" security cameras should be installed in the vicinity and hopes the school board is working actively with police and the community.

"We must be vigilant to make our schools safe for our children," Leach said. "This activity near a school is not acceptable."

Metro also spoke with five residents living in homes directly across from the school. All confirmed seeing what they believed to be prostitution in the area and three said they were witnessing it more frequently in recent months.

Calgary police, meanwhile, say they have received complaints of prostitution near the school and have made patrol units in the area aware. So far officers have found no evidence to support the claims, according to Sgt. Shanon Scott.

"It's obviously very concerning," Scott said. "We don't want any criminal activity anywhere in the city, especially not areas where children frequent."

Scott said warmer summertime weather tends to lead to a spike in prostitution and, with that, an increase in public complaints.

JEREMY NOLAIS/METRO IN CALGARY

Om: Bikram yogis stay zen as founder hit with five lawsuits

No sweat. While controversy surrounding Bikram Choudhury heats up, devotees stay loyal and focused on their strenuous practice

EMILY JACKSON
Metro in Vancouver

Yogis are bending, stretching and sweating as usual at Vancouver Bikram studios despite a scandal heating up around the practice's founder.

Five civil lawsuits alleging sexual assault and harassment have been filed against Calcutta-born, California-based Bikram Choudhury, creator of the 26-pose practice in rooms heated to 40.6 C.

None of the allegations have been proven in court, and Choudhury's lawyer has denied them, yet the salacious accusations have rattled a community usually known for its peaceful mantras.

Bikram's yoga style has devotees and franchises around the world, including at least 62 in Canada, about a quarter of which are in the B.C. Lower Mainland.

But in the city where Lululemon started and where there seems to be a yoga studio on every corner, the bad press surrounding Choudhury hasn't had an impact on local business, Bikram Yoga Commercial Drive owner Christian Betancor Leon said.

"Whatever Bikram the man does is not going to affect the yoga one iota. The yoga is pure, it's clean," Betancor Leon said.

Betancor Leon, 38, knows from experience. When he first tried Bikram's yoga style at 25, he was recovering from a broken back and couldn't touch his knees. Now he's in "optimal health."

"I opened my school because I believe in this yoga," he said, joined by a handful of students ready to brave 90 minutes of sweat at his bright studio early Sunday morning.

He's received a few Facebook comments questioning the lawsuits, but he hasn't seen a drop in business. He wasn't surprised, though, that some studios contacted for this article didn't respond to interview requests on the topic.

"There are people that are trying to disassociate from Bikram but still want to profit," he said.

And with membership fees of about $100 per month, it can be a lucrative business.

To use Bikram's name, a studio must franchise with the Bikram Yoga College of India. In 2006, Choudhury told the Guardian newspaper he was making millions.

Studio owner Christian Betancor Leon and yoga teacher Jacob Lynch demonstrate poses at Bikram Yoga Commercial Drive in Vancouver. EMILY JACKSON/METRO IN VANCOUVER

Cops mum on latest in Toronto mayor video scandal

Alexander (Sandro) Lisi, an occasional driver for Mayor Rob Ford. Lisi is reportedly a target of the investigation into attempts to retrieve an alleged video in which Ford smokes what appears to be crack cocaine. DALE BRAZAO/TORSTAR NEWS SERVICE

Toronto police aren't commenting on a report that they are investigating attempts by associates of Mayor Rob Ford to obtain an alleged video purportedly showing him smoking crack cocaine.

The mayor hasn't commented either, but his brother, city councillor Doug Ford, has denounced the Torstar News Service report as "just another attack" by the newspaper.

He also told an AM640 radio talk show Saturday that people are fed up with what he called "this tabloid garbage."

Torstar is reporting that two members of the mayor's entourage were beating the bushes in the days after media reports surfaced that some journalists had viewed the alleged video.

The newspaper quotes a witness as saying an occasional driver and security guard for the mayor, Alexander (Sandro) Lisi, visited a group of known drug dealers and asked about the whereabouts of the people who made the alleged video.

Lisi's lawyer has confirmed his client is involved in a police investigation but would not give specifics.

The Torstar story says the mayor's logistics director, David Price, was making phone calls inquiring about the video's whereabouts, but doesn't attribute the information.

Earlier this year, police launched a series of raids targeting gangs and one of the addresses raided was a Toronto apartment complex where the alleged video was reported to be located.

Police have refused to say if Ford was in any way part of the investigation.

The video has never surfaced despite a crowdsourcing attempt by online gossip site Gawker to raise $200,000 to buy it. THE CANADIAN PRESS

Does the video exist?

Days after the story of the video broke, Ford said he didn't use cocaine and couldn't comment on a video he hadn't seen or that didn't exist.

- But the Torstar News Service has previously reported that the mayor is said to have told close confidants that he knew where the video was and provided two addresses.

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Survivor of hostage hell in Somalia opens up

Taken. Alberta woman starved, beaten and sexually brutalized after 2008 abduction tells all in a soon-to-be-released book

Albertan Amanda Lindhout, 32, has written a book about her captivity in Somalia. She was abducted for ransom in 2008. CONTRIBUTED/THE CANADIAN PRESS

After about a year of being held hostage and tortured, Amanda Lindhout decided it was time to kill herself.

The Alberta woman, taken hostage in Somalia in August 2008, says she reached her breaking point after spending three days trussed up like an animal, her hands and feet pulled so tightly behind her back that she could barely breathe.

When her captors did untie her, they told her it was only a reprieve. They promised to use the same torture technique on her again each day until they got their ransom money.

Left alone, Lindhout resolved that she was better off dead. She would take a rusty razor to her wrists.

But as she held the blade in her hand, a small brown bird flew into the doorway of the room where she was being held. It hopped on the dirty floor, looked at her and flew away. It was the first bird she'd seen since shortly after she was taken.

"I'd always believed in signs ... and now, when it most mattered, I'd had one," she writes. "I would live and go home. It didn't matter what came next or what I had to endure. I would make it through."

In an advance edition of a book, set for release next month, the 32-year-old details the brutal 15 months she spent in captivity along with Australian photographer Nigel Brennan. Entitled A House in the Sky, the book is co-authored by Sara Corbett.

It reveals how Lindhout and Brennan's families eventually gave up on the Canadian and Australian governments and co-ordinated the pair's release themselves. The final price for their lives: $1.2 million. About $600,000 went to the kidnappers as ransom. The remaining money was spent on other costs, including a $2,000-per-day for a negotiator. THE CANADIAN PRESS

Ombudsman urges a review of Khadr status

Prison authorities ignored favourable information in unfairly branding former Guantanamo Bay prisoner Omar Khadr as a maximum-security inmate, according to Canada's prison ombudsman.

In a recent letter to a top prison official, the Office of the Correctional Investigator urges another look at Khadr's classification.

"The OCI has not found any evidence that Mr. Khadr's behaviour while incarcerated has been problematic and that he could not be safely managed at a lower security level," the letter states.

Ivan Zinger, of the independent Office of the Correctional Investigator, calls the case "unique and exceptional." He says Khadr has shown no evidence of problematic behaviour in Canadian custody.

The Toronto-born Khadr, 26, spent a decade in the U.S. prison on Cuba. He was transferred to Canada last September.

THE CANADIAN PRESS

Twitter tests out tie-in to trending television shows

Social TV. Some mobile users report seeing new banners that highlight talked-about programs

Twitter user ASG posted a screenshot of a new banner that appeared on his newsfeed this week. It shows users which TV shows people are talking about, when it airs and what channel it airs on. TORSTAR NEWS SERVICE

If you're not sure what to watch on television, don't worry — Twitter wants to help. Some Twitter users saw a new banner stuck at the top of their newsfeeds last week when browsing the site on mobile devices.

The new banners are designed to feature a TV show that's trending on Twitter, meaning that a lot of people are talking about it. The banner includes information about how many people have mentioned it in their tweets, what time the show airs and on which network, and makes it easy for users to figure out how to participate in the conversation or tweet at a show's stars.

It's the latest attempt by the social media website to make watching TV a social pursuit and convince people to tune into live TV by making them feel as if they're missing out on something.

It's more than just telling people what's on, it's also suggesting what people might like.

Twitter tries out a number of experiments on small numbers of users and wouldn't comment on this specific test. "We're always looking for ways to make watching TV along with Twitter more fun and more engaging," said Twitter spokeswoman Rachael Horwitz.

In a blog post on Friday, Twitter pointed to reality show Duck Dynasty as an example of success in marrying TV watching and tweeting, and creating real ratings from that marriage.

The show's Season 4 premiere was watched by nearly 12 million viewers on Wednesday, making it the "most-watched non-fiction series telecast in cable history."

On Twitter, there were 325,631 tweets about Duck Dynasty on the same day.

Twitter says Duck Dynasty has become "the most social program on TV" and saw a record-breaking number of viewers "because of an intensive A&E Twitter campaign to get fans talking about the show." Games that encouraged users to tweet with a certain hashtag, for example, kept people talking about and thinking about Duck Dynasty until its season premiere aired.

As for its newest experiment, it's not clear how Twitter came up with the titles users saw on the banners and whether they were sponsored or chosen scientifically based on trending topics. Typically, Twitter indicates when a tweet has been sponsored by a company.

Neil Seeman, senior resident at Massey College at the University of Toronto, says there's no clear answer on whether a banner like the one Twitter tested would be successful in catching a person's attention and making them tune in. It depends on the person and whether they like the idea of a social media website telling them what they may like.

"There needs to be a lot more science and sophistication around what works and whether consumers pay attention or not," said Seeman, who is also CEO of RIWI Corp., a data collection company.

TORSTAR NEWS SERVICE

Watch and tweet

- Twitter has been working on building a relationship between TV watching and tweeting, and argues that there is a connection between how many people tweet about a show and how many people actually tune in.
- A Nielsen study released recently says tweets can influence ratings and vice versa.
- The two companies are also building a Nielsen Twitter TV rating that will use Twitter's data to show how much engagement a TV program has achieved on the social-media site.

Organic claims. Lettuce beg to differ: Small farms prefer alternative label

New York state farmers Justine and Brian Denison say they adhere to all the growing practices required for organic certification, yet if they label their beans and tomatoes "organic" at the farmer's market, they could face federal charges and $20,000 US or more in fines.

Because the Denisons chose not to seek organic certification by the U.S. Department of Agriculture, the Denison Farm, which has been under organic management for more than 20 years, is banned from using that term. So they and hundreds of other small direct-marketing farms across the country have adopted an alternative label: Certified Naturally Grown.

Started by a group of organic farmers in New York's mid-Hudson Valley as a backlash against federal takeover of the organic program in 2002, Certified Naturally Grown has expanded over the past decade to include more than 700 farms in 47 states, executive director Alice Varon said.

"Certified Naturally Grown is tailored for direct-market farmers producing food without any synthetic chemicals specifically for their local communities," Varon said. "It's a particular niche of the agricultural world. It's not in direct competition with the national organic program."

A lettuce plant grown in Schaghticoke, N.Y., under the Certified Naturally Grown program. THE ASSOCIATED PRESS

Many small farmers previously certified organic by an independent organization have declined to participate in the federal program. They voice a variety of objections: extensive record-keeping requirements; fees that can amount to six per cent of a small farm's gross sales; and philosophical objections to joining a monolithic government-run program that also certifies huge operations that ship produce across the country. THE ASSOCIATED PRESS

Pipeline PR. Energy East backers attempt to tug at Canadians' heartstrings

To hear some proponents of the Energy East project tell it, when the taps open on the $12-billion oil pipeline the moment will be as significant as when the last spike was driven into the Canadian Pacific Railway almost 128 years ago.

Linking western crude to eastern markets would be a huge undertaking — it's the most expensive project in TransCanada Corp.'s more than 60-year history — but some observers are dubious Energy East will one day be worthy of its own Heritage Minute.

Tugging at Canadians' patriotic heartstrings is a "smart and usable PR strategy" to get the public onside with the project, said Claire Campbell, a historian at Dalhousie University in Halifax. "But I don't think it is going to be written about as the new national dream by historians 100 years from now."

Sean Kheraj, a historian at York University in Toronto, said it's far from the first time Canadian business leaders and politicians have used nationalistic rhetoric to drum up support for controversial proposals.

Quoted

"I don't think it is going to be written about as the new national dream by historians 100 years from now."
Claire Campbell, a historian at Dalhousie University

For instance, Canada's first prime minister, John A. Macdonald, used lofty language to entice Parliament to spend huge amounts of public funds on the railway in the late 1800s.

Earlier this month, TransCanada announced with great fanfare that it had enough commercial support to go ahead with Energy East, which would send 1.1 million barrels of crude a day across six provinces. THE CANADIAN PRESS

Growth forecast

EU recovery is good economic news for Canada

Canada's economy has looked anything but world-beating during the first half of this year, but economists say the restraints that have handcuffed exports and jobs growth are beginning to break.

The biggest confidence booster may have been the news last week that the troubled Eurozone burst out of a prolonged recession earlier than expected, posting a modest but still significant 1.1 per cent annualized expansion in the second quarter. As CIBC chief economist Avery Shenfeld noted in a brief to clients, with Canadian exporters fixated on the U.S. and China, it's easy to ignore the potential good a resurgent Europe could bring. THE CANADIAN PRESS

Export boost

2%

CIBC chief economist Avery Shenfeld calculates that recovering European markets will lift Canadian exports by two per cent, not an insignificant amount.

Municipal bankruptcy

Detroit's creditors face deadline to file objections

Banks, bond insurers, employee pension systems and others standing to lose big if a U.S. federal judge declares Detroit insolvent are expected to file their legal objections to the largest municipal bankruptcy in U.S. history. The Monday deadline for creditors to file such objections marks the beginning of legal challenges for those hoping to recoup all or most of what Detroit owes them.
THE ASSOCIATED PRESS

Germany

Merkel dismisses talk of retirement

German Chancellor Angela Merkel on Sunday dismissed suggestions she might step down before completing a third term if her party is victorious in next month's general election, and insisted she wants to continue the centre-right coalition she has led since 2009. THE ASSOCIATED PRESS

BIKING BYLAWS NEED REALITY CHECK

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

The Saskatoon police are conducting a "bicycle blitz" this month, whereupon they enforce the laws of the road as they pertain to bicycles.

I'm a person who enjoys being right most of the time, so I figured I'd brush up on the latest iteration of the bylaw to see how much of a law-abiding cyclist I am. Since the bike bylaw was up for review about two or three years ago, I thought that perhaps some of the outdated provisions would be smartly updated to reflect our growing and changing city, and the legitimization of active forms of transit. Unfortunately, I was wrong. Here are things I do on a regular basis for which I can be fined:

- Bike along any portion of the roadway that is not immediately next to the curb or parked cars.
- Move out into the lane in order to trip a sensor for the traffic light to turn.
- Ride in a straight line along an imaginary bike lane instead of weaving in and out of parked cars.
- Ride far enough away from parked cars to prevent dooring.
- Move into the middle of the lane in order to traverse an intersection safely.
- Avoid any sort of pothole or debris along said strip next to the curb.
- Carry more than 25 kg on my bike, or a load wider than 90 cms. I have a cargo bike rated for 20 pounds. Oddly enough, there are no restrictions on how long the load can be.
- Leave a bike lane for whatever reason unless to turn left.
- Ride in the middle of the road where the roadway is too narrow for cars to pass safely.

Saskatoon Cycles, a group consisting of (at last count) more than 2,000 members — submitted a line-by-line review of the bicycle bylaw to the city in 2011. As I am someone who also drives in this city, their suggestions do not seem unreasonable; the proposed amendments increase the safety and visibility of cyclists with minimum inconvenience to motorists. However, the most recent update of the bylaw available has ignored these suggestions and in turn, doubled fines.

Fortunately it appears in this "blitz", the police are focusing on the equipment requirements for bicycles — all bicycles must have a horn or bell, and a front light and rear reflector or light from dusk until dawn. I can't argue with this, as most sensible cyclists already have all three, if not more. Unfortunately, this provision punishes those who cannot afford lights — good lights are not cheap — so many police departments who enforce this also concurrently hand out free lights to those who most need them. Sounds like a reasonable idea to me.

I hope it's not too late for the city to consider the biking community's suggestions. Bylaws that are rational and equitable in turn are much less likely to be broken.

ZOOM

Here comes the shock wave

ZAK NOYLE/A-FRAME

Garbage mars surfing photo

This is hardly a surfer's paradise. The startling image shows pro surfer Dede Suryana braving a trash-infested wave in Indonesia. Zak Noyle, a staff photographer for Surfer Magazine based in Honolulu, Hawaii, took the picture at a remote location in south Java, an area usually noted for its crystal-clear waters. **METRO**

Q and A

'A wake-up call for all of us'

ZAK NOYLE
Staff photographer for Surfer Magazine, 28, from Honolulu, Hawaii

What was the wave like?
There were food wrappers, tree branches, even soccer balls. It was like being inside a washing machine of trash.

Did all the debris make the photo difficult to take?
Yes — there were tree trunks the size of a car that we had to push through before Dede could go on and surf.

How did seeing the polluted water make you feel?
Very sad. There was so much trash that the four of us had no chance of cleaning it up ourselves. These waters are normally pristine so I was shocked to see this.

Others may indeed share the same sentiment ...
Absolutely. As a photographer, I want to be able to spark awareness in people's minds. I hope this photo will be a wake-up call for all of us to keep our oceans clean.

Worth mentioning

New Lego robots excite techies in Silicon Valley

A robotic Lego Mindstorms unit gathers cardboard rolls in Stanford, Calif. THE ASSOCIATED PRESS

Few are more excited about Lego's new Mindstorms sets rolling out next month than Silicon Valley engineers.

Many of them were drawn to the tech sector by the flagship kits that came on the market in 1998, introducing computerized movement to the traditional snap-together toy blocks and allowing the young innovators to build their first robots. Now, 15 years later, those robot geeks are entrepreneurs and designers, and the colourful plastic bricks have an outsized influence in their lives.

Techies tinker at Lego play stations in workplaces. Engineers mentor competitive Lego League teams. Designers use them to mock up larger projects ideas. And executives stand Lego creations on their desks alongside family photos.

"Everyone I work with played with them as children. We sit around talking Lego. It's a shared common experience," said Travis Schuh, who reaches into his bin of plastic blocks when he needs a quick prototype at the Silicon Valley medical robotic firm where he works.

The new Mindstorms sets, designed for kids over 10, are simpler for the younger crowd and more versatile for sophisticated users than two earlier versions.

THE ASSOCIATED PRESS

Comments

RE: Tim's Needs Lid Adjustment: Customer Grumbles, published Aug. 15

I noticed that the drippy seam is a problem, where the seam meets the lid. But the lid still leaks while carrying. They used to fill your own mug, until they started selling their own mugs (by mug I mean those insulated travel mugs). Perhaps the leaky cup is designed to leak.
ijdfc posted to metronews.ca

For the most popular, wealthiest coffee chain in this country, I tend to agree that all flaps and seams aside, you would think after 25 years they would invest in a more professional, travel-friendly lid system.

Where the heck was I.... Subway, I think, had a simple turn-based coffee-cup lid that turns a small second layer to cover the opening and seals with just the tightest seal on the cup.
Facilalilaty posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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The Harry Potter generation

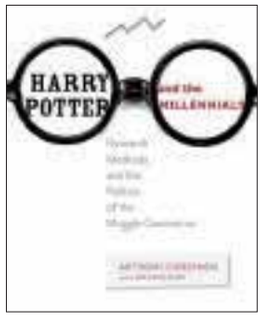
Mindful muggles.
Scholar takes a look at how the famous series shaped Millennials who have adopted some of the positive lessons from the story

BAPTISTE BARBE
Metro World News

Children wait outside Waterstones book shop, Europe's largest bookstore, for the launch of Harry Potter and the Order of the Phoenix on June 20, 2003 in London. GETTY IMAGES

Political science professor Anthony Gierzynski has analyzed the influence of Harry Potter on youngsters in the United States. Here a few thoughts from the author of Harry Potter and the Millennials: Research Methods and the Politics of the Muggle Generation.

You wrote three books about U.S. politics. How did you get the idea of mixing your previous studies with the Harry Potter phenomenon?
I have long had an interest in, and speculated about the role of entertainment media in politics, sparked by movies like Do the Right Thing, Star Wars, Independence Day and movies portraying the U.S. President as an action hero in the 1990s, the portrayal of politicians in movies and TV (which is nearly universally negative), the different Star Trek series, and, more recently Battlestar Gallactica (which is rich with politics), and so on. And, I have had many conversations with my students about the subject and ultimately decided to design a class whose purpose would be to investigate entertainment media effects. The first few semesters of the class we ran experiments, conducted surveys, and collected qualitative data on the effects



of entertainment media such as Star Wars, The Simpsons and South Park, and overall TV viewing habits (some of that research is reported in this book), before doing the Potter research.

I also guess you read the books and watched the movies. Have you been influenced by this kind of phenomenon at your time (Star Wars, etc)?
I am a fan of Harry Potter, but I am a Gen Xer, not a Millennial, so other entertainment media that I was exposed to in my formative years — yes, Star Wars, the Lord of the Rings books, Saturday Night Live, and Star Trek were the main sources of entertainment media influences for my political socialization.

One the main points of your book is that you chose people who grew up with the characters over a long period (10-15 years). Thus, you note that the Millennials read it during their most politically vulnerable and formative years. Your study shows that fans have transposed some lessons\values from the series (equality, tolerance, commitment, loyalty, diversity, anti-violence\anti-torture) into their real life. Can you tell us more about these observations?
The key thing is that, while the Potter series was a story designed to entertain, the nature of the story (and indeed any story) is that the characters learn certain lessons as the plot moves along and exhibit certain characteristics. As we become immersed in the story and identify with characters we tend to internalize those lessons and sometimes adopt those characteristics for our own. So, Harry and his friends evince an aversion to violence, fight for tolerance and equality and oppose oppressive authority and we found fans had similar traits on those very attitudes.

Could Harry Potter keep continuing to have this kind of impact — for example, Star Wars is still popular many decades after the first movie?
Possibly — I still have students who are Potter fans. The next generation, however, may adopt a different entertainment phenomenon.

Will there be another study in the future in order to go further? Do you want to keep working on this subject?
Yes. At the end of the book I have a website address for readers to tell me their stories about Harry Potter or any other entertainment sources and their political effects in order to gather more qualitative data to see whether there is additional support. I am also working on other research projects on entertainment media effects that utilize experimental designs that can establish causal relationships. I will be submitting to a journal this fall a paper I presented at a political science conference that looks at how villains of science fiction, fantasy and superhero genres affect views about criminal justice and terrorism policy.

They're gone, but family and friends live on

Still Star-Crossed.
New young adult book tells the continuing saga of Romeo and Juliet

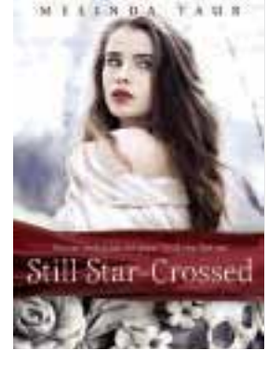
DOROTHY ROBINSON
Metro World News

Author Melinda Taub refers to her young adult book, Still Star-Crossed, as a mash-up of adventure and romance that chronicles "the story of the characters who survive Romeo and Juliet, as they fight to stop the deadly feud from reigniting, and try to follow their hearts without repeating the mistakes that killed their friends," she says. As you can tell, this isn't the Shakespeare you remember from high school. Still Star-Crossed contains "sword fights, masked assassins, betrayal, a ball, cross-dressing, iambic pentameter, kissing and horses."

What is it about the story of Romeo and Juliet that made you think to create a sequel of sorts?
I really love the world of Romeo and Juliet. It's essentially a romantic comedy for the first half — it's full of dancing and kisses and sex jokes, before a series of coincidences and bad choices turn it toward tragedy.

How much research on Shakespeare did you do to write Still Star-Crossed?
I didn't do as much research as you might think. I tried mostly to use words in the dialogue that Shakespeare would use, so I kept a copy of his complete works handy and searched through it every 30 seconds or so. I also read Romeo and Juliet about 15 times.

Were you ever worried that writing it in Shakespearean English might throw readers off?
I worried endlessly about the language. For the first few drafts of the book, the dialogue varied wildly — sometimes incomprehensibly Elizabethan, sometimes sounding straight out of Gossip Girl.



The Word

Bynes moves facilities for better psychiatric care: Source

Amanda Bynes has been moved from the psychiatric unit in Ventura County, north of Los Angeles, where she's spent the last two weeks and has been admitted to the UCLA psychiatric facility — and she's expected to stay there for at least two months, according to Radar Online. "Amanda needed specialized medical attention that she wasn't getting," a source explains. "It's expected that Amanda will remain at UCLA for the next two months because she has very complex mental health issues that need to be dealt with. It will also take a significant chunk of time to get Amanda ... on several prescriptions for her condition — and to make sure it's working properly." METRO WORLD NEWS

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No purchase necessary. Contest open to legal residents of Saskatoon who have reached the age of eighteen (18) years or older. Odds of winning depend on the number of eligible entries received. 1 prize to be won, consisting of 4 tickets to see the Wiggles at the TCU Place in Saskatoon on Wednesday, August 28, 2013 (valued at approx. $80). Contest closes August 23rd, 2013 at 11:59pm. To enter and for complete contest rules, visit www.clubmetro.com

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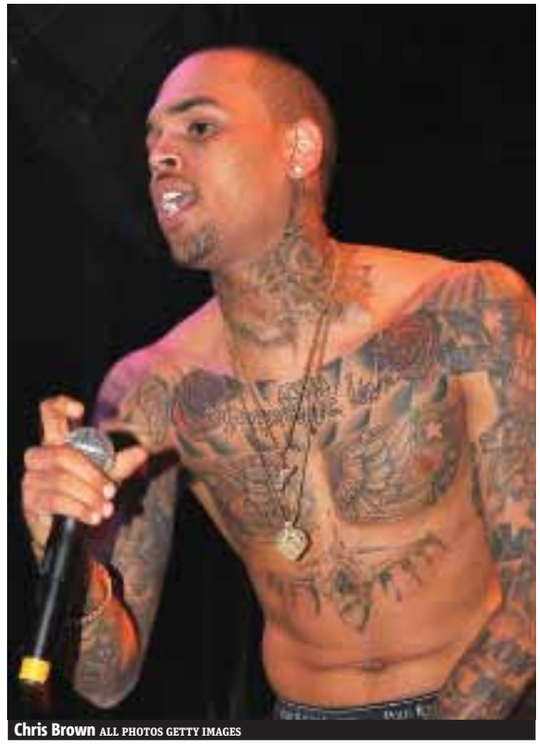
OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown ALL PHOTOS GETTY IMAGES

More community service added to Brown's sentence

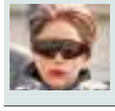
Chris Brown isn't quite in the clear yet. As part of a negotiation to get the Los Angeles District Attorney to not rescind his probation over a recent hit-and-run charge, the singer must instead serve an additional 1,000 hours of community service, according to E! News. Brown can fulfill the extra requirement doing beach cleanup or graffiti removal or taking part in a probation alternative work program. He is currently serving probation over his 2009 assault of Rihanna and will be on probation until Aug. 24, 2014.

Twitter

@AnnaKendrick47
I suspect the only time Brits actually do the kiss-on-each-cheek thing is with visiting Americans bc they know it will make us feel cultured

@TheRock
Be intense. Be hungry. Be prepared to get kicked outta the gym.

@josswhedon
I do not fear death. I only fear MINE.



@ladygaga
To the critic who speaks before they bang the gong: a fool you are I say! I've not even begun my song!

Dustin Johnson and Paulina Gretzky

Gretzky and golfer Dustin Johnson announce engagement

Paulina Gretzky and golfer Dustin Johnson announced their engagement on Sunday through their popular Twitter accounts. Johnson posted a photo of Gretzky's hand with an engagement ring on her finger with the caption "She said yes!!!" Gretzky, the daughter of hockey legend Wayne Gretzky, retweeted the picture and several congratulatory messages from friends and family.

"Congrats to my sister @PaulinaGretzky and @DJohnsonPGA on the engagement. Love you guys," tweeted Trevor Gretzky, Paulina's younger brother and a prospect in the Chicago Cubs organization. Johnson is a professional golfer on the PGA Tour. THE CANADIAN PRESS

Ethan Hawke

Hawke's brain wasn't ready for marriage

Ethan Hawke definitely thinks he was too young to marry Uma Thurman back when he was 27, according to Elle magazine. "There was this discovery that the male brain isn't done until 28. I definitely think my frontal lobe was not finished," he tells the magazine. "I had no business taking vows that would last more than two weeks." In his defence, Hawke says he was looking to use marriage as a way to gain some sense of control over his life. "Success when you're young is really overwhelming. The world felt out of control and I wanted to stop it from spinning so fast," he says.

Water safety

Drowning risk highest on hot days

In books and movies, drownings almost always seem to occur in bad weather. But the perception isn't actually accurate, a new study suggests.

The work, by researchers from the University of Toronto and Sunnybrook Health Sciences Centre, says the risk of drowning outdoors is nearly 70 per cent higher on days when the mercury climbs to 30 C or above.

Lead author Dr. Michael Fralick and his co-authors drew data from records on 1,243 drownings recorded by Ontario's Office of the Chief Coroner. The deaths took place in the province between 1999 and 2009.

Most of the drownings took place during the summer months. And most of the people who drown did so while taking part in recreational activities.

In the vast majority of cases, personal flotation devices were not used. They were either not present (80 per cent of cases) or not worn (11 per cent of cases). Most of the drownings took place in open water. THE CANADIAN PRESS

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

The business of being mom

Opting out. Many women who decided to stay at home with their kids may have actually sharpened their business skills

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Ten years ago the phrase "opting out", became a part of the lexicon, due mostly to a New York Times op-ed piece called The Opt-Out Revolution.

Written by Lisa Belkin, it was about the growing trend of women dropping out of high powered careers in order to stay at home with their families.

Flash-forward a decade, and many of these women are finding themselves in a position, often but not limited to personal finance challenges, to want to opt back in to the work force.

But how can they update their skills and subsequently their resumé after having missed out on arguably the biggest changes in "work" during this fast forward technology driven 10-year period?

Being home with the kids may actually improve some of your business skills. ISTOCK

While being at home with the kids likely won't replace the skills and knowledge gained by working corporately, I would argue that it could actually hone the following handy talents:

Time management
Moms are pros at executing work schedules which will have kids dressed, fed, and on the soccer field on time.

Project management
Having milestones come together to complete a business objective is literally child's play after mastering the art of changing a baby's diaper while disciplining a preschooler and supervising homework.

Crisis management
If dealing with the aftermath of baby's first smoked fish meal, a faulty diaper and an ill-timed mommy and me swimming class don't constitute a "crisis", I don't know what does.

Risk management
Making a decision guaranteed to be unpopular with at least one of your children while minimizing the inherent risk of a total meltdown is a pure mom talent.

Financial management
When one income is eliminated to stay at home with the kids, the expenses associated with raising said children increase at approximately the same ascending rate. From diapers to school trips, "indoor runners," hockey equipment and other assorted sundries, managing the finances and determining a return on investment for your family sharpens mom's budgeting skills daily.

The best news? The steepest learning curve for many has been social media. The explosion of mommy blogs happened around the same time as the opting out began, and this educated, driven, and ambitious demographic is one of the savviest when it comes to using Twitter, Facebook and Pinterest.

Instead of dismissing a Tweet about an explosive bowel movement by "just" a mommy blogger, it's really an insight into containment strategy from a communications expert.

KATHY BUCKWORTH'S LATEST BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE EVERYWHERE FROM RANDOM HOUSE, AND HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION.

The art of bedtime stories

Don't tell lies like the boy who cried wolf and don't worry about being last, because the tortoise and hare proved that slow and steady wins the race.

We all remember these lessons from childhood tales, but how do we make our own stories memorable for children?

That is where Ty Bennett's new book, The Power of Storytelling: The Art of Influential Communication comes in.

Craft a conflict and solution
While telling a bedtime story to his two-year-old, Bennett adopted the "struggle to solution" technique after the response of his child saying, "That's not a story; there's no bad guy."

"There's something about conflict that engages us emotionally," Bennett says. "The struggle is the hook."

So once you successfully hook your listener, you have acquired the power to provide them with a solution that can serve as a story worth remembering.

"If you connect with the problem," Bennett says, "and the person who is hearing the story resonates that, then they're going to want to adopt that (solution) into their life."

Lessons serve kids and adults
According to Bennett, storytelling is also the most influential form of communication.

"Regardless of what you do for a living," says Bennett, "you're going to need to communicate with people, and the more influential you become, the better that communication becomes, the more influence and impact you can have on people's lives."

Teach kids life lessons through stories. ISTOCK

So maybe in your next job interview, you will tell a remarkably memorable story that will make you relatable and stand out. Or maybe you will teach your kids to just say no to the negativity around them through an experience you went through. JULIE KAYZERMAN/METRO WORLD NEWS

Infuse culture into Pulled Chicken with Asian flavours

1. Preheat a grill or a skillet to medium. In a bowl, mix barbecue sauce, miso and five-spice powder until well combined.

2. Prepare vegetables: chop green onion, cut snow peas into strips and thinly slice lettuce or Chinese cabbage.

Ingredients

- 1/4 cup (60 ml) barbecue sauce
- 1 1/2 tsp (7 ml) miso
- 1/4 tsp (1 ml) Chinese five-spice powder
- 1 green onion, chopped
- 1/2 cup (125 ml) snow peas, cut into strips
- 1 cup (250 ml) lettuce or Chinese cabbage, thinly sliced
- 6 boneless, skinless chicken thighs
- 4 to 6 whole wheat or multi-grain hamburger buns
- 4 to 6 slices of Canadian Gouda

This recipe serves four to six people. DAIRY FARMERS OF CANADA

3. Use a large spoonful of sauce to coat the chicken and reserve the remaining sauce. Cook chicken on the grill for 12 to 15 minutes, or in a skillet for 6 to 8 minutes, until thoroughly cooked. Let cool. Meanwhile, add green onion and snow peas to remaining sauce.

4. Shred chicken and add to sauce.

5. Open hamburger buns, place cheese on bottom halves and heat on grill or skillet.

6. Divide mixture among buns and garnish with Gouda and lettuce or Chinese cabbage. **DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)**

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Baskin Robbins incorporates your fave snacks into cool treats but watch out for sugar, fat and calories! (Nutritional info taken from American site as Canadian not available). PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Reese's Peanut Butter Cups Sundae (12 oz/ 340 g)

1,220 calories/80 grams fat/92 grams sugar

Layers of Praline 'n' cream ice cream, Reese's Peanut Butter Sauce and Reese's Peanut Butter Cups equals major calories, fat and sugar.

Equivalent

1 Reese's Peanut Butter Cups Sundae from Baskin Robbins is equal in fat to 10 Dairy Queen small chocolate soft serve ice creams.

Reese's Peanut Butter Cup 31 Below (12 oz/340 g)

640 calories/ 29 grams fat/ 78 grams sugar

Soft serve ice cream cuts back the calories and fat big time!

Lunch. Toasted Parmesan Tomato Bread

1. Heat the oven to broil.

2. In a small, sturdy bowl, combine the garlic, rosemary, olive oil, salt and black pepper, to taste. Mix well, then use the back of a heavy spoon to mash the garlic and rosemary together to form a paste. This also can be done using a mortar and pestle, or a mini food processor. The rosemary won't mash well; this is fine.

Ingredients

- 4 cloves garlic, minced
- 1 large sprig fresh rosemary, finely chopped
- 1/4 cup olive oil
- 1/2 tbsp kosher salt
- Ground black pepper
- 4 large, thick slices sour dough bread
- 4 large tomatoes
- 3 oz Parmesan cheese

3. Spread a quarter of the mixture over one side of each slice of bread.

4. Slice 2 thick slabs out of the centre of each tomato. Reserve the tops and bottoms of the tomatoes for another use. Set 2 slabs over each piece of bread. Shave some of the Parmesan over the tomatoes on each slice. Set the assembled bread on a baking sheet and broil on the oven's middle rack until the cheese is just starting the brown, about 2 to 3 minutes. Serve. **THE ASSOCIATED PRESS**

North Carolina does it better

In North Carolina, barbecue is a noun, and it is defined as pulled pork with a distinctive tangy vinegar sauce. The pork is either "pulled" into pieces or chopped with a meat clever, and dressed with the thin peppery sauce. The succulent pork is spooned onto a plate, or on a classic white hamburger bun — no sesame seeds, ever! — and topped with slaw.

Sauce

1. Mix all ingredients and let sit 10 minutes in the fridge.

Slaw

1. In bowl, mix barbecue sauce and cabbage. Refrigerate at least 2 hours/overnight.

Sandwich

1. Prepare a charcoal or gas grill for low heat, indirect cooking. For a charcoal grill, this means banking the coals to one side. For a gas grill, turn off the heat on one side. Aim to maintain a temperature of 300 F.

2. Do not trim any excess fat off pork; this fat will naturally baste meat and keep it moist during long cooking time. Brush pork with thin coating of olive oil, then season with salt and pepper. Set aside on clean tray until ready to cook.

This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Before placing meat on grill, add soaked wood chips. For charcoal grill, place chips directly on white-grey ash briquettes. For gas grill, use smoking box according to product directions. If using charcoal grill, you will need to add charcoal every hour during cooking to maintain the heat.

4. Place pork in centre of the cooking grate fat-side up. Cook slowly for 5 to 6 hours at 300 F, or until thermometer inserted at middle of pork registers 190 F to 200 F. Meat should be very tender and falling apart. If there is a bone in meat, it should come out smoothly and clean with no meat clinging to it. There is no need to turn meat during cooking time.

5. Let meat rest 20 minutes, or until cool enough to handle. Using 2 forks, pull meat from skin, bones and fat. Set aside any crispy bits of fat that have been completely rendered and look almost burned. Working quickly, use forks to shred chunks of meat by crossing the forks and "pulling" meat into small pieces.

6. While meat is still warm, mix with enough barbecue sauce to moisten and season meat, about 3/4 cup to 1 cup.

7. Serve on white hamburger buns and top with North Carolina coleslaw. Serve additional sauce on the side. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED**

Ingredients

North Carolina Barbecue Sauce

- 2 cups cider vinegar
- 1 tbsp each kosher salt, ground white pepper, red pepper flakes
- 2 tbsp granulated sugar
- 1/4 cup brown sugar
- 1/2 tsp ground black pepper
- 1/2 cup ketchup

North Carolina Slaw

- 1 1/2 cups North Carolina barbecue sauce
- 1/2 medium head green cabbage, chopped

Sandwich

- 7- to 9-lb bone-in pork butt
- Olive oil
- Kosher salt and black pepper
- Hickory wood chips, soaked in water for 30 minutes
- North Carolina Barbecue sauce
- 10 unseeded hamburger buns
- North Carolina coleslaw

Encouraging at-home expletives? I swear this mother is being serious

Kids say the damndest things. Windsor author tells parents why this unspeakable language is important to learn

LUKE SIMCOE
Metro Online

When Kim Lunansky was growing up she got the proverbial soap treatment if she was caught swearing, but now that she has kids of her own she prefers to wash their mouths out with common sense.

The Windsor-based author lets her three children, aged five to 13, swear at home and has spent many nights talking with them about the uses and abuses of language.

"My husband doesn't think you should let your kids swear at all, but I'm kind of the opposite," she said. "You need to teach them what words mean, and they need a safe space to learn to use that vocabulary appropriately."

Lunansky has written a book about her adventures in adolescent cussing, appropriately entitled How to Teach Your Kids to Swear. More of a treatise than a how-to guide, the book chronicles her attempts to teach her kids to consider things like audience and context before dropping an F-bomb.

"It's a lot like teaching your kids how to dress," she said. "You wouldn't let them go to a wedding wearing short jean shorts and a tube top."

Lunansky's rule of thumb is that it's OK to swear so long as it's not going to offend anyone within earshot.

"We've come to a place in our language where swearing is pretty common," she said. "So if one of my kids comes home and says they had a s—y day at school, I'm not going to go off the deep end about it. Maybe they had a bad day."

Should we take the fear out of foul language? ISTOCK

There are moments where Lunansky is less forgiving, like the time her son — upset after his sister dressed up his Star Wars figures like Barbie dolls — interrupted a Christmas meal with a diatribe fit for a sailor.

"He was just stringing cuss words together," she said. "I don't even think it made sense."

After excusing herself from a table full of slack-jawed relatives, Lunansky took her son aside, gave him a time out and tried to impress upon him that swearing in front of extended family might not be the best idea.

Lunansky admits her approach is controversial, but says it's an improvement over simply making swear words verboten.

"If you make something taboo, it attracts kids like a magnet," she said. "It creates a cycle where maybe they won't do it in front of you, but they'll do it everywhere else to see how people react."

Set up your own stop sign on the fast track to success

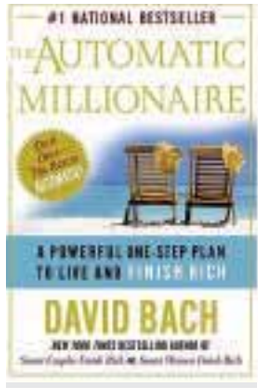
Waiting for that big break? Don't delay. Even millionaire moguls need to unplug and unwind

DAN SCHAWBEL
Metro World News

David Bach is the bestselling author of The Automatic Millionaire, — a book that has advised millions of people on financial success — as well as a contributor to the Today show and a motivational speaker. I caught up with Bach while he was on sabbatical to find out why he took some time off, what he learned from it and why summer is as good a time as any to look for a job.

You made a major decision last year to take a sabbatical for 2013 — what lead to that and how is it going?

Last year after writing a dozen books in 10 years, doing thousands of speeches and thousands of television and media appearances, running a company and travelling more than half a million miles, I reached a point where my soul said "Enough is enough; you need and deserve a serious break." It was hard to listen to my soul, being addicted to "doing it, doing it, doing it." Deciding to take a sabbatical was truly one of the most difficult decisions I have made in my 25-year career. It was ultimately probably one of the most important decisions, and the best I have ever made. I can't believe how refreshed, re-energized, relaxed, present and creative I now feel.



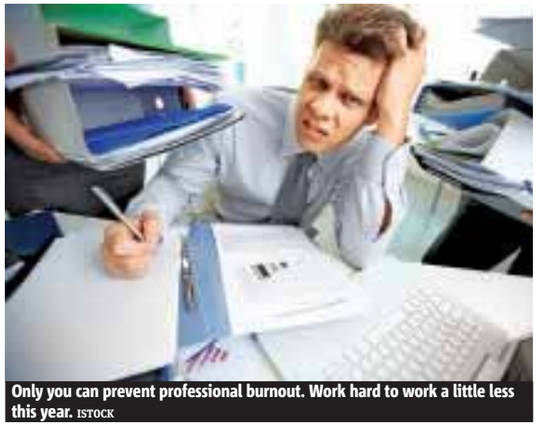
How did you unplug?

It's about learning to say, "No," which is incredibly difficult when your life has been about saying, "Yes." My answer to everything has been simple: "Sorry, I am on a sabbatical and not working until the end of 2013." The response almost universally has been, "That's amazing, good for you; I wish I could do that, too." I'm learning from this experience that people really need and want a break more than they realize or share.

Do you think summer is a good time to look for a job?

It's really not about a time to look for a job — it's about you being in a place to be of the most value to the largest number of people. Employers are always looking for great employees that can help them grow their business.

What is unique about summer is that many business owners and even large companies are now planning for 2014 — so getting in now and talking to people who are hiring while they are slower can be the perfect time to connect and make an impression.


Only you can prevent professional burnout. Work hard to work a little less this year. ISTOCK

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Hilltops quarterback Matt Karpinka drops back to pass in the team's home opener versus the Winnipeg Rifles at Gordie Howe Bowl. SIMON HIATT/FOR METRO

Saskatoon begins the climb to 4th title

CJFL. 'It's not as good as we need to be,' says Hilltops coach Tom Sargeant of sloppy win

SIMON HIATT
saskatoon@metronews.ca

The Saskatoon Hilltops took the first step towards an unprecedented fourth consecutive national title with a 32-20 win over the Winnipeg Rifles Sunday.

The Rifles drew first blood after a lengthy drive that started at their own 24 yard stalled, resulting in a 25-yard field goal by Brad Mikuloff.

Saskatoon responded immediately, as quarterback Jared Andreychuk, who lined up at wideout, took the lateral from fellow pivot Matt Karpinka and found John Trumpy for a 62-yard touchdown on the first play of the following possession.

The Rifles didn't do themselves any favours as quarterback Ryan Marsch was intercepted by Derek Sadownick, Chris Friesen and Austin Thorarinson in the second quarter.

A pair of Brett Thorarinsson field goals and a four-yard touchdown run by Andre Lalonde sent the Hilltops to the locker-room with a 19-3 lead as the snap was fumbled on the extra point attempt.

Late in the third quarter the Rifles scored their first major of the game, aided by a pair of key Hilltop penalties, as Marsch found Jason Kelly to make it 22-10.

After the teams exchanged field goals, the legs of the Hilltops carried them to their final score of the game as Nolan Graham finished off a drive with a touchdown run, set up by Andre Lalonde, who finished the game with 150 yards on the ground.

Winnipeg answered with a touchdown run by Marsch, and threatened to add another before being stopped in the red zone late in the fourth quarter.

On Sunday

Hilltops	Rifles
32	20

CFL

Riders survive Alouettes attack

Chris Milo kicked a 36-yard field goal with no time left on the clock as the Saskatchewan Roughriders survived an injury-plagued game to top the Montreal Alouettes 24-21 on Saturday.

Saskatchewan (6-1) had to rally late after Jerald Brown returned a Darian Durant fumble 54 yards to give Montreal (2-5) a 21-14 lead with less than two minutes to play.

But Durant hit Taj Smith with a 60-yard touchdown pass on the next series to tie the game.

The Alouettes were forced into a two-and-out on their next possession and Weston Dressler brought Montreal's punt back 38 yards to put the Riders in scoring position with 28 seconds to play.

THE CANADIAN PRESS

MLB

Lobaton sends Jays home in 10th

Jose Lobaton hit a solo home run in the 10th inning and the Rays beat the Toronto Blue Jays 2-1 on Sunday. He also had a game-ending triple in the ninth Friday.

"It's different," Lobaton said. "Walk-off triple, that was amazing. Walk-off homer, run the bases like that, is unbelievable."

Blue Jays right-hander Todd Redmond, a St. Petersburg, Fla., native, gave up one run and six hits over six-plus innings in his first start at Tampa Bay.

The Rays took two of three from Toronto, which hasn't won a series at Tropicana Field since April 2007.

THE ASSOCIATED PRESS

Bolt completes Jamaica's gold-medal sweep

Usain Bolt is, yet again, perfect.

And with three gold medals in Moscow, the Jamaican great became the most successful athlete in the 30-year history of the world championships.

The 4x100-metre relay gold on Sunday erased the memories of the 100 title he missed out on in South Korea two years ago because of a false start. And, in combination with a similar 100-200-4x100 triple from Shelly-Ann Fraser-Pryce, Bolt was instrumental in giving Jamaica the first ever sweep in those six sprint events.

Bolt was trailing American Justin Gatlin when he got the baton on the anchor leg, but a botched U.S. handover and his superlative speed were enough to see him, and his country, win with a time of 37.36 seconds.

The United States was second in 37.66.

"I wasn't really worried about Justin. I knew if he got the baton in front of me, I could catch him," Bolt said. "So it was just going out there to run as fast as possible."

Bolt had already won the 100 and 200 metres. It was his second such sprint triple at the world championships, matching the two he has won at the Olympics.

With his victory, Bolt moved to the top of the all-time world championships medals table, edging Carl Lewis.

Canada's team of Justyn Warner of Markham, Ont., Dontae Richards-Kwok of Mississauga, Ont., and Toronto natives Aaron Kingsley Brown and Gavin Smellie won bronze in 37.92 seconds after Great Britain was disqualified.

THE ASSOCIATED PRESS

Usain Bolt crosses the finish in the 4x100-metre relay at the world track and field championships on Sunday. PAUL GILHAM/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Something you see or hear today will shock you but if you dig a little deeper you may find it is not nearly as outrageous as you first thought.

♉ Taurus
April 21 - May 21
Whatever you are working on, personally or professionally, you must be free to do it your own way and at your own speed. Anyone who tries to interfere must be told quickly to mind their own business.

♊ Gemini
May 22 - June 21
You have your own way of doing things and you have no intention of changing just to please other people. In fact, if someone tries to tell you what to do today you will no doubt delight in doing the opposite!

♋ Cancer
June 22 - July 23
Do something different as the new week begins, something that makes the world around you sit up and take notice. Cancer is a cardinal sign and therefore born to achieve things.

♌ Leo
July 24 - Aug. 23
If old methods and routines are getting you nowhere by all means try something different. It may be hard, at first, stepping outside your comfort zone.

♍ Virgo
Aug. 24 - Sept. 23
Everything you say will be taken seriously today, even when it should be obvious that your tongue is very firmly in your cheek. With that thought in mind be careful what comes out of your mouth.

♎ Libra
Sept. 24 - Oct. 23
You have the knack of seeing things which other people have managed to miss and if you are smart you can use it to make some serious money over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore deadlines and rules and do things at your own speed and for your own enjoyment. Who is going to complain? You'll be a law unto yourself during the early part of the week.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual your ideas seem to be opposed to what most other people think and, as usual, you are right and they are wrong. That may not, of course, be true but you believe it with such conviction it doesn't matter!

♑ Capricorn
Dec. 22 - Jan. 20
You may feel strongly about a certain issue but that does not mean you can just ignore what other people say if their views and your views do not coincide.

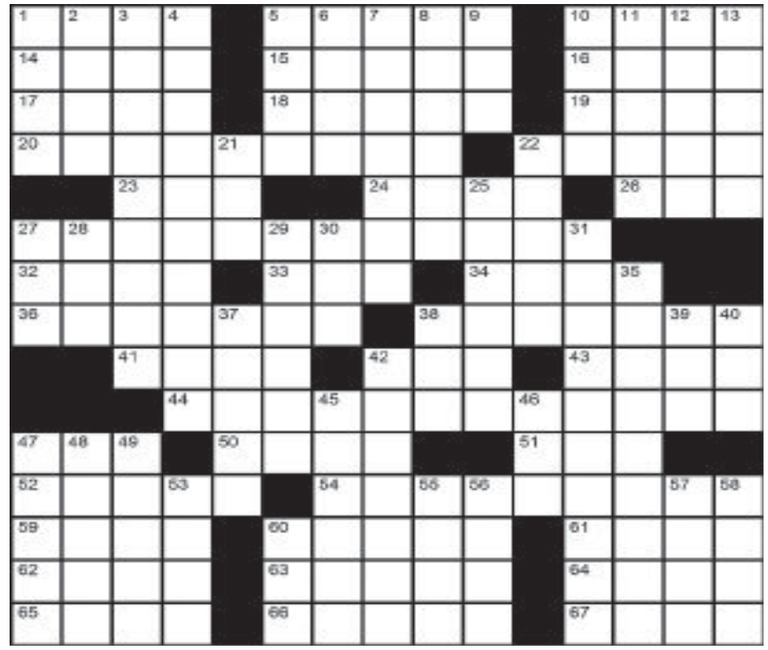
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time on idle gossip as the new week begins as there are far more important issues you should be dealing with. On the work front, especially, sudden changes may lead to new opportunities.

♓ Pisces
Feb. 20 - March 20
Someone close will say or do something completely unexpected today and to begin with you may not know how to react. They may surprise you, they may even annoy you, but you have to admit they caught you out big time. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



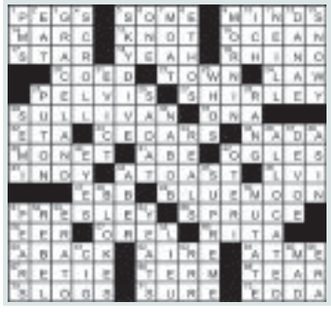
Across

1. Ran, as clothes colours
5. Clean the kitchen floor again
10. Stinging bug
14. 1971 Neil Diamond hit: "_ __... _ Said"
15. Doing quite well at
16. Mom in For Better or For Worse
17. Wisecrack, variantly
18. Puccini opera
19. Wing-shaped
20. How early auditions are sung on "American Idol": 2 wds.
22. Spruce __, Alberta
23. Glamorous getaway
24. Mont Blanc, par exemple
26. Cowboy singer Mr. Ritter
27. Car manufacturing factory feature: 2 wds.
32. Movie genre, Film __
33. Three-toed sloths
34. "America's __ Top Model"
36. Like shoes to match bridesmaid outfits
38. With time __ (In no hurry): 2 wds.
41. Earth's crust's upper layer
42. 'Tutor' suffix
43. Physical activity, for short
44. Bridezilla's aspiration: 2 wds.
47. Golfing norm
50. Engrave
51. Red carpet walker, e.g.
52. Contests of ancient Greece
54. City in BC
59. Joni Mitchell album
60. Dancing garbs
61. Shakespeare villain
62. Establishment's emblem
63. Try something out: 2 wds.
64. Burden
65. __ Sound, ON
66. __-Bismol
67. Tidy

Down

1. "It's not that __ _ deal really."
2. Secular
3. Sites for political asylum seekers sometimes
4. WWII: Military operation of August 19th, 1942: 2 wds.
5. Pace
6. Environmental sci.
7. Loses
8. Available, as a physician: 2 wds.
9. Tiger Woods org.
10. Wash-and-__
11. Dispense
12. Great __ Lake, in NWT
13. Heat-resistant glassware
21. Ms. Anderson, to pals
22. Dance legend Mr. Kelly's
25. Grounded-up-corn mixture
27. Moreover
28. Type of milk or sauce [var. sp.]
29. The National __ of Canada
30. Don't truth-tell
31. Organized journey with a purpose
35. Type of aircraft: 2 wds.
37. Unmasks
38. Spotted, to Tweety Bird
39. Stimpy's cartoon co-star
40. Unit of work
42. Revered architect of ancient Egypt
45. Make a blaming claim
46. Gladiator's 506
47. Art's Mr. Picasso (b.1881 - d.1973)
48. Radiant
49. Red: French
53. City light
55. Give up
56. "Would you like __ __ get you anything?" (Group-to-person query)
57. Water: Spanish
58. The bulk
60. Rapper Mr. Shakur, for short

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	3				7		2	8
4	9			1	3			5
				2		9		
	1				6	5	9	
		6	5		8	2		
	2	9	1				8	
		4		8				
2			6	4			5	3
9	6		7				4	2

Friday's Sudoku

8	5	3	7	4	1	9	6	2
9	7	4	2	5	6	1	8	3
2	1	6	3	8	9	4	5	7
3	9	1	5	2	7	6	4	8
7	6	2	4	9	8	5	3	1
5	4	8	1	6	3	7	2	9
1	8	7	6	3	4	2	9	5
4	2	9	8	7	5	3	1	6
6	3	5	9	1	2	8	7	4

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